

## Cowpeas a Nourishing Food

Cowpeas or southern field peas, which, despite their name, are really a kind of bean, are like other dry beans, comparable with meat in the kind of nourishment contained in them, and can, in the opinion of specialists of the U. S. Department of Agriculture, well be used more extensively as human food. They are commonly used in the South, where they are extensively grown, but are practically unknown in the North and Northwest, where other, often more expensive, beans are consumed in large quantities.

There are many varieties of cowpeas, of which the white and black eye sorts are considered particularly desirable for the table. In palatability, digestibility, and nutritive value they compare favorably with other beans, while their delicate and pleasing flavor lead many to consider them equal, if not superior, to the latter.

Cowpeas are used on the table in three forms—in the pod, shelled green, and shelled dry—corresponding, respectively, to string beans, and dried beans, and calling for much the same methods of preparation for the table. The dry cowpeas are by far the most common. Like dry navy or Lima beans, cowpeas may be boiled with a bit of fat meat or baked and served in place of lean meat or other food rich in nitrogen. Boiled and mashed through a colander, the beans form a foundation for numerous dishes. They may be creamed with milk and butter, like mashed potatoes; formed into croquettes with bread crumbs and fried or baked; made into a loaf with bread crumbs, minced vegetables, milk, and seasonings; or made into soup.

A delicious combination dish, called "Hopping John," may be made as follows: Boil 1 quart of cowpeas and a scant pint of rice separately and mix together when done. The rice should be seasoned after it is cooked. Bacon or a beef bone boiled with the cowpeas adds a desirable flavor to the dish. Recipes for other cowpeas follow:

**Baked Cowpeas.**—Cook 1 quart of large, white, dry cowpeas slowly in water until they begin to soften. This will require five or six hours. Put them into a bean pot, add one-half pound of salt pork, and either 1 tablespoonful of molasses or a small onion cut up fine. Cover with water and bake slowly six or seven hours. It is well to have the pot covered except during the last hour.

**Cowpea Soup.**—1 tablespoon butter or pork fat, 1 tablespoon finely chopped onion, 1 stalk celery, finely chopped, 1 cup dry cowpeas, salt.

Soak the peas eight or ten hours in water enough to cover. Fry the vegetables in the butter, add the peas in the water in which they soaked, and cook (preferably in a double boiler) until the peas are tender. Put the mixture through a sieve and add water enough to bring it to the consistency preferred. Reheat. If this soup is thickened with 1 tablespoonful of flour mixed with a little water, the pea pulp will not sink.

**Puree of Cowpeas.**—(Use like mashed potatoes.) Soak 1 pint of dry cowpeas in cold water overnight. Cook until soft in just enough water to cover. Drain and pass through a sieve. Season with salt, pepper, one-half cupful of cream (or milk) and a tablespoonful of butter or other fat, and 2 teaspoonfuls of brown sugar. Beat thoroughly, reheat, and serve like mashed potatoes.

**Baked Cowpeas and Cheese.**—(Substitute for Meat Roll.) 1 tablespoon butter, 1 tablespoon finely chopped onion, 1 tablespoon finely chopped sweet green pepper, or celery, 2 cups cooked cowpeas, ½ cup grated cheese.

Press the peas through a sieve to remove the skins, and mix with the cheese. Cook the onion and pepper, or celery, in the butter or other fat, being careful not to brown, and add them to the peas and cheese. Form the mixture into a roll, place on a buttered dish and cook in a moderate oven until brown, basting occasionally with butter or other fat and water. Serve hot or cold like meat.

### For the Housewife.

When the color has been taken out of black goods it may be restored by the application of liquid ammonia.

A piece of burlap about the size of a tea towel is very good for rubbing up the kitchen range each morning. It does not burn readily.

An oblong piece of zinc fastened to one end of the ironing board is a great convenience, and time saver in hunting for the regulation standard, no scorching pad.

To extinguish flames from petroleum, pour milk over them and they will be put out immediately, for the milk forms an emulsion with the oil and prevents the fire from spreading. "I find I can entirely prevent the annoying sticking of the butter if I first scald the mold, then rub it well with salt and ice water. The butter then molds perfectly," says a certain clever housewife.

Substantial hangers can be made for night gowns, petticoats, blouses and other clothes by crocheting a short chain at the proper length.

### Ask Anyone Who Has Used It

There are families who always aim to keep a bottle of Chamberlain's Colic and Diarrhoea Remedy in the house for use in case it is needed, and find that it is not only a good investment but saves them no end of suffering. As to its reliability, ask anyone who has used it—adv.

Just because a man is cool under fire is no reason why he should jump from the frying pan into it.

Satisfaction guaranteed—Dispatch Job Department.

## HOMEMADE STERILIZER

Will Help Farmers to Prevent Milk From Souring in Transit.

To assist milk producers to lessen their losses from milk which sours in transit and to help them comply with bacterial requirements set by local health officers, the Dairy Division of the United States Department of Agriculture this coming season will demonstrate its homemade steam sterilizer for dairy utensils in a large number of milk-producing centers. For this demonstration the department has had constructed more than 20 of the homemade sterilizing outfits. Already the health authorities in 150 cities have asked the department to send these outfits for local demonstration.

These outfits the department has offered to lend any local official or health officer who will agree to demonstrate them in actual practice to milk producers in his locality. The outfits, which cost not over \$15 and can be made by any local tinsmith, when placed on a range or a two-burner oil stove, generate steam enough to kill the bacteria in milk cans, pails, strainer cloths and separator parts. At the same time the device removes foul odors, leaves the utensils dry as well as sterilized, and adds materially to their life. The sterilization of milk utensils is of importance to the dairyman who wishes to produce a good-flavored milk which will not sour readily. This is shown by the fact that milk which is washed in the ordinary way, may harbor billions of bacteria, and milk contained in these cans is sure to have a high bacterial count, which tends to affect not only its keeping quality but its flavor as well. Other experiments show conclusively that milk which starts in sterilized utensils has a much better chance of reaching market in good condition than milk which has been handled in utensils that simply have been washed in the ordinary way.

The effectiveness of this homemade sterilizer has been fully proved both in the laboratory and on the farm. In one experiment 10 gallons of fresh milk were divided into two parts. Five gallons passed through a separator in a 5-gallon can, both utensils washed in the ordinary way, showed at the end of an hour 1,880,000 bacteria per cubic centimeter. The other 5 gallons, passed through a separator into a can, after both utensils had been washed and sterilized by means of the homemade sterilizer, showed only 24,000 bacteria per cubic centimeter.

As the dairy specialists point out, the milk handled in the sterilized utensils has a much better chance to keep sweet and good for a longer time than that which starts its journey to market already containing large numbers of organisms which will cause souring.

The department urges all dairymen in whose section the homemade device is to be demonstrated to attend these demonstrations. Ample notice will be given by local health authorities, in the newspapers, and through direct invitation. Those interested in the subject can obtain Farmers' Bulletin 748 on application to the department.

### At the End of the Good Road.

To see what really happens at the end of the good road, a public road specialist of the department recently had observations made in different sections of the country. The observers noted many country-bound teamsters who drove two loaded wagons, hitched one behind the other, to the end of the good road, and then found it necessary to leave one wagon by the roadside to be returned for later, while all the power of their teams was devoted to hauling a single wagon over the unimproved road.

Farmers bound for the market frequently were seen to haul wood and similar products to the beginning of the good road, there dumping them, and returning for a second load. When this arrived, the two loads were consolidated and easily hauled by a single team the remaining distance to market over the improved highway highway.

In one section of the country where oxen are still used teamsters were observed to bring their loads over the dirt roads with two or three yokes of oxen. When the beginning of the good road was reached, the teamsters would unhitch the extra animals and finish their journey with a single yoke.

### Hints for Stock Owners.

The chaff and straw get in the wool and injure it. Start the milk with the thumb and finger if the colt is not very strong, or if the udder is at all hard. Sheep that have been chased by dogs never do quite so well afterward. Work hard to keep the dogs out. There is more profit in a grunting pig than in a squealing one. There is a great shortage in the hog crop throughout the country, and it can only be replaced by keeping the best brood sows and growing more pigs. You had better scour the feeding stall than lose a calf from scours. When you hurry about milking, the cows feel uncomfortable and shorten up on you a little. That hurts you and hurts the cow as well. The root cutter is also an indispensable machine on the farm. The life of many a valuable cow would have been saved if the apples and potatoes fed had been run through a root cutter.

The name "salsify" is applied to three distinct vegetables; the common white salsify, known also on account of its flavor as oyster plant or vegetable oyster, black salsify, the Shifawzel of the Germans, and the so-called Spanish salsify. Since the salsifies are not injured by mild frosts, they may be left in the ground until late winter or early spring.

Death may lose some of its sting for a woman if she knows that there will be music and a big floral display at her funeral.

Poverty may be a sure cure for dyspepsia, but the most of us would rather take chances with the disease than the remedy.

Men wouldn't care how much their wives talked if they would use noth bag but the sign language. Then they could shut their eyes and sleep in peace.

## Eddie's Bride

"Yes, they're coming this afternoon," sighed the stout lady to her friend. "Eddie said in his letter that he could not wait a minute longer than necessary to have me meet her. And I hadn't got over the shock of the telegram! It's an awful thing, Mrs. Lillings, to have your only son get married so suddenly and send you a telegram!"

"Oh, yes—he had been writing about Jane all winter. That is, his letters were full of going to parties with Jane and taking Jane to the theater and having dinner at Jane's house, but Eddie has always been so popular that I didn't think anything of it and anyhow, I always intended him to marry Ethel Rundle. She and Eddie were just made for each other!"

"And he said in his letter that came after the telegram that he hoped I'd be just as good a mother-in-law as I'd always been a mother! Think of it! To a perfectly strange girl! Now, if it had been Ethel Rundle—oh, yes, he wrote that he didn't suppose the telegram had surprised me greatly after he had written so much about Jane to me! It is remarkable how foolish children can be!"

Why, when Eddie was in the sophomore year at high school and Ethel Rundle was a freshman I could see just as plainly that she was the girl for him. And he used to carry her books. I used to say to him, "Eddie, you're nice to Ethel Rundle! She's a neighbor and I want you to be polite and a gentleman! Think of her family! Why, the Rundles have four automobiles if they have one, and Ethel is an only child."

"I had the worst time with Eddie because he hated her nose go. He said it always made him think some one had pulled it. Some people say Ethel was too quiet, but I like these reserved girls myself. Eddie has been saying in his letters all winter that Jane was the most vivacious creature he had ever met. He always declared Ethel Rundle was stupid in spite of my pointing out that well-bred girls never raised their voices."

"I suppose this Jane is a harum scarum tomboy who'll disgrace us and never keep Eddie's socks mended! She'll want to keep on going to parties all the time and ruin Eddie with the cost of her clothing! He's always writing about her pretty clothes! I tell you, Mrs. Lillings, it's hard, after you've brought up a boy and planned out his life so sensibly and comfortably, to have all your work go for nothing! When I think of the allowance Ethel Rundle's father would have made her for clothes and extras I want to cry! To think of that boy being so willful and picking out a girl to ruin his life!"

"How do I know she will? Well, Mrs. Lillings, a mother has intuitions! There are some things you just feel! It stands to reason that any girl who would deliberately set to work to undermine all a mother's plans for her son is a trouble maker! Well, of course, living in a city a thousand miles from here she wouldn't be likely to know of Ethel Rundle, only I'm sure that Eddie must have mentioned her name—and wouldn't you think she'd have inquired who Ethel was and sort of guessed?"

"She didn't care anything at all about my wishes and plans! Naturally she would try to get Eddie after seeing him, because every one knows there isn't a better looking or finer boy in the country! How proud the Rundles would have been of him! Why, he might have succeeded Mr. Rundle as head of the Rundle factory! Oh, Jane's father owns a dry good store or something—Eddie hasn't said much about it—all he's done is to rave over Jane's eyes and her cuteness!"

"Little minx! What'll she care for Eddie, knowing him only one winter? And pretending that the reason she got married so sudden was she didn't want a big church wedding! Her people couldn't afford it, that's the long and short of it! And the lace I'd saved for years to wear when Ethel and Eddie were married!"

"I would have had such a good time with Ethel—naturally she would have taken me around in her car a good deal because I was Eddie's mother! If only Eddie had kept up a correspondence with her! When he took that position in Boston I told him he simply had to be nice and write to Ethel after knowing her so long, and he did write once, as I happen to know, because I asked her if she had heard from him. I expect that Jane heard of it and stopped him! When I think of her scheming and undermining! Oh, I just know it, and you needn't try to excuse her! To think of my son marrying a perfectly strange girl, who won't keep the furniture dusted—these vivacious creatures don't care for a thing but admiration and good times!"

"Her last name? Oh, Jane's last name is Kelton or something like that—what? Kelton owns the biggest dry goods store in Boston and is a millionaire? It can't be—yes, Commonwealth avenue. You're certain it's the same one? My land, to think of Eddie! I'm going right home now and make a cake. Eddie always liked my cakes. So she'll from that Kelton family. And Eddie never has said anything about it all winter!"

"Do you know I really can't blame him for hating Ethel Rundle's nose, Mrs. Lillings! I must rush home and get ready for Jane—I don't want Eddie to be ashamed of his mother! Trust him for picking out a wife that I know I'll like awfully well!"

American women are turning in large numbers every year to stock raising, bee raising, and all sorts of agricultural pursuits.

The highest salaried woman in the employ of the United States government is Miss Julia Lathrop, head of the child welfare bureau.

Mrs. Gertrude Dornglasier of Chicago who holds the woman's bowling championship of Illinois, makes her living by teaching women how to bowl.

## AN OUNCE OF MEAT.

An ounce of edible meat—lean meat, fat and lean, suet or fat trimmed from steak, chop, or roast—seems hardly worth saving.

Many households take just this view of the matter—do not trouble to put such an insignificant scrap into the ice box or soup pot—do not bother to save for cookery a spoonful or two of drippings or a tiny bit of suet or fat.

Yet if every one of our 20,000,000 American families on the average wastes each day only one ounce of edible meat or fat, it means a daily waste of 1,250,000 pounds of valuable animal food a year.

At average dressed weights, it would take the gross weight of over 875,000 steers, or over 3,000,000 hogs—bones and all—to provide this weight of fat for each garbage pail or kitchen sink. If the bones and butcher's waste are eliminated, these figures would be increased to 1,150,000 cattle and 3,700,000 hogs.

Or, again, if the waste were distributed according to the per capita consumption of the various meats (excluding bones), it would use up a combined herd of over 538,000 beef animals, 291,000 calves, over 625,000 sheep and lambs, and over 2,132,000 hogs.

Millions of tons of feed and hay, the grass from vast pastures and the labor of armies of cattlemen and butchers also would be scrapped by this meat-waste route.

But—every household doesn't waste an ounce of meat or fat every day! Very well—make it one out of a hundred families, but keep in mind that all meat allowed to spoil and fat rendered inedible by improper cooking, scorching or burning must be counted as waste. Make it an ounce every other day or one a month. Such waste still would be unendurable, when meat is scarce and when fat is of such vital food importance to many nations.

Waste of meat or fat is inexcusable. Every bit of lean meat can be used in soups, stews, or in combination with cereals; every spoonful of fat can be employed in cookery; every bit of drippings and gravy can be saved so easily and used to add flavor and nourishment to other dishes.

The U. S. Department of Agriculture, Washington, D. C., or your State Agricultural College will tell you how to use bits of meat to make appetizing and nutritious dishes and how to use leftover fat in cookery.

## COTTAGE CHEESE.

An Inexpensive Meat Substitute.

Cottage cheese is one of the important meat substitutes, say specialists of the U. S. Department of Agriculture. It contains a larger percentage of protein (the chief material for body building) than most meats and furnishes this material at a lower cost. In every pound of cottage cheese there is about one-fifth of a pound of protein, nearly all of which is digestible. Meats, on the other hand, usually contain less protein and besides have a certain waste, such as bone and other inedible material. A pound of cottage cheese daily would supply all the protein required by the ordinary adult engaged in a sedentary occupation.

The following table shows that cottage cheese, obtainable at from 12 to 17 cents per pound, is much cheaper than most meats in furnishing protein for the diet.

For supplying protein, one pound of cottage cheese equals: 1.27 pounds sirloin steak, 1.09 pounds round steak, 1.37 pounds chuck rib beef, 1.52 pounds fowl, 1.46 pounds fresh ham, 1.44 pounds smoked ham, 1.58 pounds loin pork chop, 1.31 pounds hind leg of lamb, 1.37 pounds of veal.

In addition to protein, energy for performing body work must be furnished by food. As a source of energy also cottage cheese is cheaper than most meats at present prices. The following table shows the comparison when energy is considered.

On the basis of energy supplied, one pound of cottage cheese equals: 8.13 ounces sirloin steak, 11½ ounces round steak, 11½ ounces chuck rib beef, 10½ ounces fowl, 5½ ounces fresh ham, 5 ounces smoked ham, 6 ounces loin pork chop, 7.13 ounces hind leg of lamb, 12½ ounces breast of veal.

## ONE-HALF CUP OF MILK.

Half a cup of milk—whole, skimmed or sour—a seemingly trifling matter—hardly worth the trouble to keep or use.

In many households, quite a little milk is wasted each day. Left in glasses—regarded as useless because the cream has been skimmed off—allowed to sour—poured down the sink or thrown out.

Now if every home—there are 20,000,000 of them—should waste on the average one-half cup daily, it would mean a waste of 2,500,000 quarts daily—or 912,500,000 quarts a year—the total product of more than 400,000 cows.

It takes a lot of grass and grain to make that much milk—and an army of people to produce and deliver it. But, every household doesn't waste a half cup of milk a day? Well, say that one-half cup is wasted in only one out of a hundred homes. Still in considerable—when milk is so nutritious—when skim milk can be used in bread making or for cottage cheese.

The U. S. Department of Agriculture, Washington, D. C., or your State Agricultural College will tell you how to use left-over milk—sweet, skimmed or sour.

Honesty is the best policy—for all your neighbors.

Ida Tarbell declined to accept the \$7,500 a year position as a member of the federal tariff commission.

Miss Nellie A. Brown, connected with the United States department of agriculture, is an expert in plant pathology.

Miss Anna L. Reese of Chicago is one of the few women in the United States who at the head of a large grain company.

If you read it in the Dispatch it's dependable.

## Business Directory

L. W. COY, Notary Public, Calls, O. R. No. 1. Phone 6 on 28.  
EDWIN R. ZIEGLER, Attorney at Law, 303 Wick Building, Youngstown, Ohio.  
HARRY A. BRNST, Attorney at Law, Hine Boick, 5 East Federal St., Youngstown, O.

JOHN B. MORGAN, Attorney at Law, 1103-1104 Mahoning Bank Bldg., Youngstown, Ohio.  
DR. J. I. McMillan, Dentist, Room 408, Mahoning Bank Building, Youngstown, O. Both telephones.

R. A. BEARD, Attorney at Law and Notary Public, 303 Mahoning Bank Building, Youngstown, Ohio.

C. C. Fowler, D. B. Fowler, NOTARIES PUBLIC, Canfield, Ohio. Telephone: Office, 48; Residence 123.

D. Campbell, Carl H. Campbell, CAMPBELL & SON, Physicians and Surgeons, Office and residence east side of Broad street, Canfield, Ohio. Telephone 48.

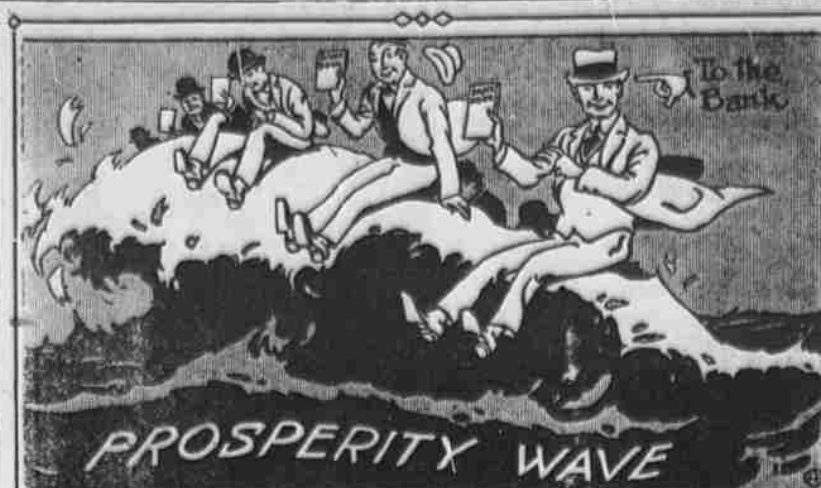
W. R. STEWART, Attorney and Counsellor at Law, Diamond Block, Youngstown, Ohio. Practices in all courts and before all the departments in Washington, D. C.

**LEGAL NOTICE**  
The State of Ohio, Mahoning County, ss. In the Common Pleas Court.  
Martha N. Reed-Presley, Plaintiff, vs. Edwin A. Presley, Defendant.  
The defendant, Edwin A. Presley, will take notice that the plaintiff has filed her petition in the Common Pleas Court of Mahoning County, Ohio, the same being known as cause No. 38298, in which she prays for divorce from the defendant upon the ground of wilful absence and gross neglect of duty, as in the statute of such case made and provided, and that the same will be for hearing on July 13, 1917.

MARTHA N. REED-PRESLEY, 14-6  
W. R. Stewart, Atty.

**CHARLES T. AGNEW**  
AUCTIONEER

Write or phone for dates before advertising. Residence, 716 Oak Hill Ave., Youngstown, O. Auto phone 6177.



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The assortments are large. The styles are positively up to date.

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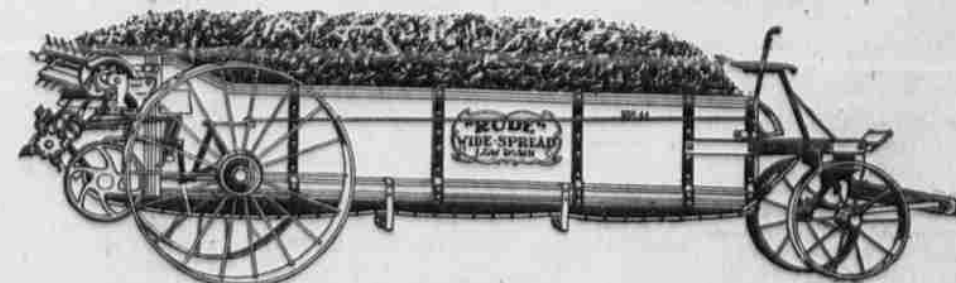
Charge Purchases will not appear on statement until November 1st, unless otherwise requested.

Cash Purchases will be held until November 1st if a reasonable payment is made when selecting.

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